

The Mashpee Senior Connection

MASHPEE SENIOR CENTER/COUNCIL ON AGING

26 FRANK E. HICKS DRIVE MASHPEE, MA 02649

Phone: (508) 539-1440 • Fax: (508) 539-2791

www.mashpeema.gov

KENNETH C. COOMBS SCHOOL "COFFEE AND CHAT" — Wednesday, March 15, 7:30 am in the Coombs School cafeteria, 152 Old Barnstable Road, Mashpee, MA. Principal Paul LaBelle cordially invites Mashpee seniors to "Coffee and Chat". Come share in light breakfast fare, learn about the preschool through grade two Coombs School community and engage in interesting conversation about what goes on at an elementary school. Coombs School staff would love to have an opportunity to get to know Mashpee seniors and welcome them to be involved with students and staff. **Please Rsvp to Maria Fisher at (508) 539-1520, ext. 5102 by Wednesday, March 8, 2017 as space is limited.**



EATING TO IMPROVE YOUR MEMORY — Wednesday, March 15, 10:00 am — 12:00 noon. Come join Heather Bailey from the "Optimal Kitchen" for a special cooking class on "Eating to Improve Your Memory". If you have been having more of those senior moments where everyday things seem to keep slipping your mind then this is the class for you. What you eat can play a big role in helping to enhance memory and stave off dementia or at least postpone it a bit. Learn the proper foods to eat as well as which ones you should try and avoid. **Space is limited; Rsvp's are required.** Please stop by the front desk or call (508) 539-1440. There is a cost; please contact Linda Rosa, Activity Coordinator, for more information.



PAPERWORK ORGANIZATION WORKSHOP — Friday, March 24, 10:00 am — 12:00 noon. Are you overwhelmed with paperwork? Monthly bills, yearly income statements, quarterly payments? Everything is right where you put it, but where was that? We know when tax time comes, the search begins. We would like to help you get organized! Outreach Coordinator Darlene Perkins is running a workshop to help you organize your paperwork. **We will supply a portable file box, hanging file folders and help putting it all together. You just bring the paperwork!** Please call and reserve your file box! **Space is limited; Mashpee residents only.** Rsvp please to stop by the front desk or call (508) 539-1440.



BEGINNERS' FRENCH CLASS — Thursdays, March 9 — April 6, 2:00 pm. Would you enjoy brushing up on your French or even starting anew? We will be offering free lessons — including some grammar but mainly fun and games, role play, conversation, and perhaps a movie and a song or two. Our volunteer is a retired Massachusetts certified teacher of French and Spanish, and has taught from fifth grade to high school. She was born in Paris, and hopefully can add some culture, historical anecdotes or maybe a bit of French



cooking — so let's have some French fun! Rsvp to the front desk, or by calling (508) 539-1440. There is no cost.

WINDOWS 10 AND HOW TO USE IT — Thursday, March 30, 12:00 pm. Join Greg McKelvey, our PC and gadgets guy, for information and answering questions on the Windows 10 operating system. Please Rsvp to the front desk, or call (508) 539-1440. **Space is limited for this class; Mashpee residents only.**



DRUM CIRCLE — Tuesdays, March 14th through April 18, 10:00 — 11:00 am. Drum away those winter blues! A Drum Circle is a group of people sitting in a circle experiencing the spontaneous creation of music on a variety of drums. Drumming accelerates physical healing, boosts the immune system, produces the feeling of well-being and has a calming effect. Sam Holmstock leads the group and had been the band Entrain's drummer for 20 years. Drums are provided, and you may sign up for one session, or all 6. This program has no fee and is sponsored by Atria Senior Living in Falmouth. **Mashpee seniors only. Rsvp's are required.** Please stop by the front desk or call (508) 539-1440.



INDEPENDENCE AT HOME: HOW, WHAT, WHEN AND WHY? — Tuesday, March 21, 1:00 pm. Melissa Weidman of Hope Health will discuss how seniors can remain safe and independent as they age in place. Explore the meaning and importance of independence at home. We will look at factors that may cause reluctance, and we will identify useful resources, tips and services that can be helpful in making independence at home an achievable goal, as well as knowing when it may no longer be a sustainable one. Caregivers may also be interested in attending. Please Rsvp to the front desk, or call (508) 539-1440.



NUTRITIONAL BENEFITS OF SMOOTHIES — Tuesday, March 28, 2:00 pm. Are you feeling fruity? **Treat yourself!** If you have the time, we've got the juice that packs a punch. Sample and hear about how making fun smoothies can also be good for your health! Refuel with style. Join with Bayada Home Health Care for nutritional suggestions. **Rsvp's are required.** Please stop by the front desk or call (508) 539-1440 to sign up.



CAPE LIGHT COMPACT ENERGY ASSESSMENTS — Tuesday, April 11, 1:00 pm. Are you interested in learning how you can save energy and money in your home? Attend Cape Light Compact's presentation to learn more about the Compact's new power supply program and ways that you can save through energy efficiency programs that are available to everyone regardless of





Are you new to the Mashpee Senior Center, or just want to learn more about the activities the Senior Center offers? Linda Rosa, our Activity Coordinator, is available every first Monday of the month, from 1:00 to 3:00 pm. Please drop by and introduce yourself, and if you have suggestions about an activity you would like us to run, she would like to hear from you.

whether you own or rent your home. The Compact will also help you to understand the breakdown of your electric bill and what to be aware of when evaluating competitive electric supply offers. Rsvp to the front desk or by calling (508) 539-1440.

MY LIFE, MY HEALTH — Starting Friday, March 3, 1:00 pm — 3:30 pm. For a healthier you in 2017 and for anybody living with a chronic condition such as hypertension, diabetes, depression, heart disease.

**** Feel better * Be in control * Do the things you want to do ****

Please join us for the My Life, My Health series. We will be discussing subjects such as: Mind/Body Connection, Dealing with Emotions, Pain and Fatigue Management, Eating Well, Breathing Better, Positive Thinking, and so much more. Space is limited, so please call Healthy Living Cape Cod at (508) 957-7620 to register, or go to www.healthylivingcapecod.org for more information. This program is free.

ARTS AND CRAFTS CLASS — COASTER CRAFT — Monday, March 27,



11:00 am. Fashion a set of four coasters with mason jar covers, craft paper and mod podge glue. Have easy, creative fun while producing these useful pieces of art. This is great for the beginner crafter. **All materials and instruction is provided to make these easy and fun. Rsvp's are required. Mashpee residents only, please.** Please call (508) 539-1440 to sign up and for more information.

MONDAY MORNING MOVIE MUSINGS — Mondays, 10:00 — 11:30 am. Do you ever wonder about the elements of a movie? What makes a movie a classic? What must it contain to win an Academy Award? Similar to a book discussion group, after watching selected movies at home, we will have a chance to get together at the Senior Center and share thoughts with other movie fans. **Join us for our next series: a "Judi Dench" movie feast!**



March 13 — Chocolat — 2000 British-American romantic comedy-drama film. Cast includes Juliette Binoche, Johnny Depp, Judi Dench, and Lena Olin.

April 3 — Notes on a Scandal — 2006 British psychological thriller-drama film, adapted from the 2003 novel of the same name by Zoë Heller. Cast includes Cate Blanchett, Judi Dench, Andrew Simpson, and Bill Nighy.

April 24 — Best Exotic Marigold Hotel — 2012 A group of British retirees decide to "outsource" their retirement to less expensive and seemingly exotic India. They are forever transformed by their shared experiences, discovering that life and love can begin again when you let go of the past. Cast includes Judi Dench, Bill Nighy, Penelope Wilton, Dev Patel, Celia Imrie, Ronald Pickup, Tom Wilkinson, and Maggie Smith.

Call the Senior Center at (508) 539-1440 or stop by the front desk to register.

MASHPEE MEN'S CLUB — We invite retired or semi-retired men over the age of 50 to join our club formed in 1997. We meet on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting and a speaker at 10:30 am. On March 7 we welcome Professor Stephen Wasby, the author of "The Supreme Court in the Federal Judicial System." Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. On March 21 we will have a wooden ship building tour in Vineyard Haven followed by lunch. If you are a prospective member and would like to join our club at these events,

please contact Deane Turner at deane_turner@msn.com or Frank Lord at fjlord@msn.com.

FOMCOA Thrift Shop: The Friends of the Mashpee Council on Aging are grateful to the many wonderful people who donate to its thrift shop! Your help goes to support the Senior Center as well as other community needs. We do ask, however, that you do not leave donations outside the shop when it is not open. We have had too many wonderful donations ruined by weather because our volunteers were not at the shop to accept the donations when they were left. **PLEASE drop off your donations ONLY during open hours,** which are Monday, Wednesday, Friday, and Saturday from 9:00 am — 1:00 pm, and Tuesday and Thursday from 9:00 am - 3:00 pm.



COFFEE TALKS DISCUSSION GROUP — Thursdays, March 2, 16, and

30 at 10:30 am. Facilitated by Southbay Mental Health, coffee talks bring us together to explore and discuss issues such as current events, forgiveness, social media, expectations, dieting, making a meaningful life, and much more. Coffee and light refreshments will be served. Rsvp's appreciated. Please stop by the front desk or call (508) 539-1440. Drop in's are welcome! Please stop by!

MEDITATION AT THE MASHPEE SENIOR CENTER — Wednesday, March 1, 1:00 pm. According to psychology professionals, meditation gives you perspective: by observing your mind, you realize you don't have to be a slave to it. Meditation is quite simply mental hygiene: clear out the junk, tune your talents, and get in touch with yourself. As a consequence, you'll feel more clear and see things with greater perspective. We can't control what happens on the outside, but we do have a say over the quality of our mind. We meet the first Wednesday of each month at 1:00 pm at the Mashpee Senior Center. Join us!



BOOK CLUB — Book Club meets on the third Friday of the month at 2:00 pm at the Senior Center. The selection for March 17 is Colson Whitehead's "The Underground Railroad," winner of the 2016 National Book Award. Cora, a young slave in pre-Civil War Georgia, undertakes a daring escape and journey toward freedom. In a blend of history and fantasy, she travels along an actual underground railroad, encountering new dangers and harsh realities at each stop. Come join us for a discussion of this beautifully written and important story.

50+ JOB SEEKERS GROUP — Thursday, March 2 and March 16, 2:00 pm - 4:00 pm Attention Job Seekers 50 or older! Job Seekers Regional Networking Group Are you stuck in a career you don't want? Do you feel challenged by potential age bias? Is your resume holding you back? A little rusty with your interview skills? Are you maximizing your opportunities on media such as LinkedIn? Come join fellow job seekers for a bi-weekly networking group focused on identifying issues that get in your way of accomplishing your job searching goals and landing your dream job. The interactive and participative format will help you bring your networking, resume, social media and interview skills to a new level. Come join an experienced coach and a curious and collaborative networking group in this journey towards self-actualization and fulfillment! When: These sessions will be held the 1st and 3rd Thursday of each month through June, 2017. Where: Mashpee



Senior Center. For more information, and to Rsvp, please email facilitator Ellen Brady: Ellen.brady@bradyassociatesHR.com, or call (617) 512-8581. This program is sponsored by the Massachusetts Councils on Aging.

PC LAPTOP SKILLS SUPPORT! ONE-ON-ONE — March 6 and 20, 9:00 am — 12:00 pm. (1st and 3rd Mondays) — PC Laptop Users — (**NOT APPLE**) — Upgrade/improve your email, word processing, or spreadsheet skills on **YOUR OWN LAPTOP**. One-on-one coaching appointments with Ray Goodale, one of our volunteers. Previously, Ray has coached seniors at Indian River State College in Florida. For an appointment, please call (508) 539-1440 or stop by the front desk at the Senior Center.

FUEL ASSISTANCE — The Low Income Home Energy Assistance Program (LIHEAP), more commonly known as the Fuel Assistance Program, provides low-income households with help in paying heating bills. The Mashpee Senior Center will assist you in completing your fuel assistance application. New applications are being accepted through April 30th. Income eligibility for a family of one is \$34,001, and a family of two is \$44,463. Once the application and documentation are complete, they will be sent to South Shore Community Action Council, Inc., in Plymouth, who will determine if you are eligible. More information about the status of your application may also be found by calling (508) 746-6707.

Please note you will need to bring in the following documents: All sources of gross income for all members of household; a heating bill (need account number); electric bill; copy of a mortgage statement or if you rent, the front page of the lease agreement; homeowners insurance; real estate tax bill; photo ID; Social Security numbers; and birth dates. We will make copies of all of these documents for you. Please call the Mashpee Senior Center to set up an appointment, (508) 539-1440.

AARP Foundation AARP TAX-AIDE INCOME TAX PREPARATION PROGRAM — The Mashpee Senior Center is a site for the AARP tax-aide income tax preparation program. The following is a message from the volunteers who conduct this program. The tax-aide program is conducted at the Mashpee Senior Center through the last available appointment on Friday, April 14. Appointments will be available on Mondays between 9:30 am and 12:00 pm, and on Friday's between 9:30 am and 2:00 pm.

MAKING APPOINTMENTS — Call the Senior Center at (508) 539-1440 to schedule your appointment. You will be given an appointment time; no special requests for a particular tax preparer will be taken. After making your appointment, please stop by the Senior Center to pick up the Income Tax Questionnaire. Please fill out the questionnaire and bring it to your appointment. **Please note:** Appointments are limited; please book yours for as soon as you think you will have all of your tax documents.

WHAT ARE YOU REQUIRED TO BRING TO YOUR APPOINTMENT? —

- ◆ Your Social Security Card **and** a photo ID
- ◆ The completed Questionnaire
- ◆ **A copy of last year's [2015] Federal and State tax returns with schedules and supporting documents – VERY IMPORTANT – We may not be able to properly prepare your return without them.**
- ◆ All of your 2016 tax related documents.
- ◆ If you wish your refund to be directly deposited (recommended), a check for the account.

As appointments are limited, it is important that you have all documentation with you at the time of your appointment. There will be limited opportunity to reschedule.

ABOUT YOUR APPOINTMENT — You will be contacted by phone

before your appointment to confirm your attendance. If you don't confirm your attendance, we will not be able to guarantee your appointment. If you have any questions regarding this program, please bring them to your appointment as the Mashpee Senior Center staff is not able to answer tax questions.

SAFE PRESCRIPTION DRUG DISPOSAL — This information is provided from the Mashpee Substance Use Task Force

****Please make a difference in reducing access to prescription drugs for someone struggling with addiction**.**

Please take time today to look in your home for any unwanted, expired or unused prescription medications — and don't forget any pet medications as well — and safely dispose of them in the Prescription Drug Kiosk at the Mashpee Police Station lobby. The Prescription Drug Kiosk is available year-round, 24 hours a day, 7 days a week. This service is free and anonymous, no questions asked! For more information on the Mashpee Substance Use Task Force, please visit the Town of Mashpee website at <http://www.mashpeema.gov/mashpee-substance-use-taskforce>.



APPS FOR IPAD AND IPHONE — April 6 at 11:00 am. Join Karyn Wendell to help learn about apps for your iPad and iPhone. There are thousands of apps — some are free and some you have to pay for. Discover popular cooking, game, educational and more apps! How to install, delete and research them! Please bring your iPad or iPhone with you. **Space is limited.** Rsvp to the front desk or call (508) 539-1440.

THE SAMARITANS OF CAPE COD SENIOR OUTREACH PROGRAM — It's not always easy to tell someone when you're experiencing difficulties in life. The Samaritans know that sometimes all we need is a little extra support, and their Senior Outreach program provides that support safely and with dignity. Created in 2009 in response to the growing need of seniors, Senior Outreach is a program where outgoing calls are made to isolated or at-risk older adults. Seniors are matched with a Samaritan-trained volunteer who calls the senior once or twice each week. Conversations are confidential, and provide a safe place for older adults to talk about whatever is troubling them most without fear of judgment or repercussion. The program is free and available to any individual age 55 years or older. If you have been impacted by health problems, retirement, social isolation, the loss of loved ones, depression, or have concerns about aging, their volunteers are able to listen with compassion and empathy. Or if you know of a senior who might be isolated, lonely, or simply in need of a caring voice, please contact their office to find out more about how they can match that senior with a volunteer in its Senior Outreach program. Please call for information and to learn more at (508) 548-8900 or (800) 893-9900.



DISABLED PARKING PLACARD CHANGES — From the Executive

Office of Elder Affairs: Disabled Parking Placards issued by the RMV have a new appearance. Small blue wheelchair symbols appear behind the placard number and expiration date. This security feature has been added to help identify instances for altered placard numbers or expiration dates that have been observed and cited by law enforcement.

This applies to all placards, both permanent and temporary. All old style placards with the plain white background in the placard number and expiration date sections will remain valid until the date of expiration shown on the placard. It will take up to five years before the old placards are completely phased out. More info is available at <http://www.dmv.org/ma-massachusetts/disabled-drivers.php>.



DAY	DATE	TIME	EVENT
Wednesday	March 1	7:30 am	Kenneth C. Coombs School "Coffee and Chat" - at Coombs School Cafeteria
Thursdays	March 9—April 6	2:00 pm	Beginners' French Classes
Wednesday	March 15	10:00 am-12:00 pm	Eating to Improve your Memory
Tuesdays	March 14—April 18	10:00 am	Drum Circle sponsored by Atria Woodbriar
Tuesday	March 21	1:00 pm	Independence at Home - Explore the meaning and importance of independence at home sponsored by Hope Health
Friday	March 24	10:00 am — 12:00 noon	Paperwork Organization Workshop
Monday	March 27	11:00 am	Arts and Crafts Class — Coaster Craft
Tuesday	March 28	2:00 pm	Nutritional Benefits of Smoothies presented by Bayada Home Health Care
Thursday	March 30	12:00-2:00 pm	Windows 10 and How to Use It

Mashpee Council on Aging Regular Events

Activities are held weekly unless indicated otherwise by a specific week in parentheses ().

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:45-11:00	Gentle Yoga	9:00-12:00	Woodcarving	9:00-10:00	Blood Pressure Clinic (3 rd)
9:00-Noon	PC Laptop Skills (1 st and 3 rd)* (resumes March 6 th)	9:00-11:00	Atty Mello (2 nd) *	10:00-3:30	Foot Care Clinic (3 rd) *
10:00-11:30	Atty Kosman (4 th) *	10:00-11:30	Men's Club (1 st)	10:00-12:00	Painting
11:00-12:00	Chair Yoga	11:00-12:00	Zumba Gold	1:00-3:00	Painting
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming ***	11:00-12:00	Zumba Gold-Toning
12:30-3:00	Pinochle	1:00-4:00	SHINE *	11:00-1:00	Hearing Tests (1 st)
1:00-4:00	Hand and Foot Canasta	1:00-3:00	Watercolor Painters	1:00-2:00	Line Dancing
		1:00-3:00	Atty Lavender (1 st) *	1:00-3:00	Meditation (1 st)
		2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	12:30-3:00	Canasta
				1:30-3:30	CARES Support Group (2 nd & 4 th)
				2:30-4:30	SHINE (2 nd & 4 th) *
				2:30-4:30	Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse (4 th)		
9:30-11:30	Mashpee Singing Seniors	9:30	Bowling (at Ryan Amusements)		
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood		
10:00-11:30	Parkinson Support Network (2 nd)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)		
10:30-11:30	Coffee Talks (every other week; please check with Senior Center for dates)	10:00-11:30	Sight Loss Services (4 th)		
11:00-2:00	Sea Mist Swimming ***	11:00-12:00	Zumba Gold		
12:00-2:00	PC and Gadgets Clinic *	12:30-4:00	Mah Jongg		
12:15-1:15	Ballroom Dancing	1:15- 3:30	Veterans Services (1 st & 3 rd) *		
1:00-2:30	Sketching	2:00-3:00	Book Club (3 rd)		
1:00-4:00	Social Bridge				
2:00-4:00	Job Seekers (1 st and 3 rd)				
7:00-9:30	Tai Chi (Beginners, please come 1 st Thurs)				

NOTES:

1. Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155
2. Activities are held weekly unless indicated otherwise by a specific week in parentheses ().
* **Appointments required**; please call the Senior Center (508) 539-1440 or stop by the front desk to schedule
****Waiting list sign up required**. Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list.
*****Open to Mashpee residents only**. Please stop by the Front Desk at the Senior Center to complete a liability form prior to going to Sea Mist for swimming.

Ongoing Activities Spotlight

Line Dance Class	Wednesdays, 1:00 -2:00 pm	Increase energy, strength and muscle tone, reduce stress and delay brain aging while increasing social interactions and meeting new friends. No partner needed. Small fee. Rsvp to the front desk, or call (508) 539-1440.
Social Bridge	Thursdays, 1:00 pm-4:00 pm	Played for fun. All are welcome. Partner is not needed. No money is exchanged or played for, and there are no card fees. Rsvp to the front desk or call (508) 539-1440.
Basic Watercolor Class	Tuesdays, 1:00 pm-3:00 pm	Learn basic water color techniques from a skilled, experienced instructor Gretchen Irving. Everything you will need for future classes will be reviewed at first class. Excellent for beginners. There is a small fee. Rsvp to the front desk, or call (508) 539-1440.

Save the Dates! More info in the April Newsletter!

Thursday, April 6	Apps for iPad and iPhone	Friday, April 14	Gallery talk "Bestons Outermost House", one of the seminal works of today's environmental movements and is one of the reasons that the Cape Cod National Seashore exists today
Tuesday, April 11	Cape Light Compact Energy Assessments		
Wednesday, April 12	Cooking Class with Heather, Optimal Kitchen, "Easy One Pot Meals"	Friday, April 28	Low Vision Program presented by Massachusetts College of Pharmacy and Health Sciences

Emergency Preparedness

EMERGENCY PREPAREDNESS - The Mashpee Council on Aging maintains a list of seniors who are homebound, and/or frail to help the Town provide assistance to them during a civil defense emergency such as hurricane or blizzard. If you would like to be on the list, please call the Senior Center at (508) 539-1440 and request a simple registration form for you to complete and return. Should you need assistance completing the form, please call Outreach Coordinator, Darlene Perkins.



MASSACHUSETTS ALERTS — Join the thousands of residents of Massachusetts who receive emergency alerts and critical information about disasters and public safety incidents on their Smartphones. Massachusetts Alerts provides emergency notifications and public safety information based on your location, proximity to an event or incident, and the preferences you select. Find out more information and how to download the app to your Smartphone at <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html>.

Life Support Equipment for EVERSOURCE customers — If you, or a household member, depends on life support equipment it is important for your household to have a plan in place in the event you lose power. With appropriate documentation from your physician, EVERSOURCE can indicate on your account that you or a household member relies on life support equipment. In the event of power loss EVERSOURCE will take steps to help prevent or minimize the loss of electricity due to routine maintenance and repairs. Customers are required to renew documentation annually.

- A letter from a physician, on the physician's letterhead certifying:
- ◆ That the equipment is being used for life support purposes
 - ◆ The type of equipment being used
 - ◆ The patient's name, contact number, alternative contact number (if patient can't be reached via primary number)

The letter should be mailed to: EVERSOURCE, 247 Station Drive, W200,

Westwood, MA 02090
 During a storm emergency or other major outage EVERSOURCE's first priority is to restore the electric system in as wide an area as possible to include hospitals, police and fire departments. As the level of restoration of power reaches customers who depend on life support equipment, which could be an extended period of time, EVERSOURCE will make every effort to restore power to those households as a priority. EVERSOURCE encourages customers who depend on life support equipment to have an alternative source of energy and/or a plan to relocate in the event of prolonged outages.

Please contact EVERSOURCE at (800) 592-2000 for more information.

DISABILITY INDICATOR FORM - Are you a disabled elder? Disabilities would include life support system, mobility impaired, blind, deaf and hard of hearing, teletypewriter, speech impaired, cognitive impairment, etc. If you have any of the listed disabilities, Clay Nicholson, Mashpee's 911 Municipal Coordinator, recommends that a **911 DISABILITY INDICATOR FORM** be completed and forwarded to him so that if an emergency occurs, public safety officials will be alerted that an individual residing at your address communicates over the phone via TTY and/or has a disability that may hinder evacuation or transport. **This information is confidential and will only appear at the dispatcher's location when a 911 call originates from your address.** Please contact Clay Nicholson, (508) 539-1400, ext. 8499 with any questions and to pick up a form. You can also pick up this form at the Mashpee Senior Center.

EMERGENCY ALERT SIGN UP - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness or other town activities? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info, please go to the Town website: www.mashpeema.gov, and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next sign-up button, and enter your contact information so local leadership may contact you with timely, important messages.



SHINE NEWS-Are you or someone you know turning 65 soon?

Every day there are 10,000 baby boomers turning 65 and are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage, and possibly a lifetime late enrollment penalty. If you are collecting Social Security, you will automatically receive your Medicare card 2-3 months before turning 65. If you are not collecting, you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at www.socialsecurity.gov or at your local Social Security office. There are Federal rules as to when you can enroll in Medicare Part A, Part B, Part C (Medicare Advantage Plans-HMOs, PPOs) and D (prescription coverage).

If you miss these enrollment periods, you may have to pay a late enrollment penalty and could have a gap in health care coverage. If you are covered by a group health plan through the company and you or your spouse is still actively working (not Cobra), you may delay taking Medicare Part B at age 65 without a penalty. However, if the employer has less than 20 employees, then Medicare is primary and the employer coverage is secondary. In this case you may need to have Medicare Parts A and B for complete coverage.

This is only one example — each situation is unique, and more questions need to be asked, options to look over, and costs to compare. That is why it is very important to sit down with a SHINE (Serving the Health Insurance Needs of Everyone) counselor and go over your particular situation. SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help those on or eligible for Medicare to navigate the complex health insurance system. If you or someone you know will be turning 65 soon, please call the Mashpee Senior Center to make an appointment with a SHINE counselor at (508) 539-1440 or call the Regional SHINE Office, Barnstable County- Dept. of Human Services, at (508) 375-6762.





ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, March 10, 9:00 -10:00 am.
PLEASE NOTE THAT THIS DAY IS CHANGED ONLY FOR THIS MONTH.

Hi! I am Betty Blackham, Public Health and Wellness RN with the VNA of Cape Cod. I am at the Mashpee Senior Center on the 4th Friday of every month from 9:00 to 10:00 am. Are you on blood pressure medication? Would you like to have your blood pressure monitored? Do you have any questions about any of the medications that you take? Do you have questions about your diet or need tips on how to manage your diabetes? We can discuss these and other health concerns or questions you may have. I'd love to meet you so stop on by!! No appointment is necessary — take advantage of this free service at the Senior Center and stop by!

HOW SHOULD I EAT FOR NORMAL BLOOD PRESSURE?



Healthy food can help control blood pressure and lower the risk of high blood pressure (hypertension). The Dietary Approaches to Stop Hypertension (DASH) eating plan:

- ◆ Emphasizes vegetables, fruits, and fat-free or low-fat dairy products
- ◆ Includes whole grains, fish, poultry, vegetable oils, and beans, seeds, and nuts
- ◆ Limits sodium, sweets, sugary beverages, and red meats

Do women over 50 need a special diet plan?

It's good for all women—and men—to choose healthy foods to enhance heart health and avoid hypertension, osteoporosis, and diabetes. In general, women need fewer calories and different amounts of vitamins and minerals than men. Some women take dietary supplements, but talk to your doctor before taking them.

How Many Calories Do People over Age 50 Need Each Day?

A woman:

- ◆ Who is not physically active needs about 1,600 calories
- ◆ Who is somewhat active needs about 1,800 calories
- ◆ Who has an active lifestyle needs about 2,000-2,200 calories

A man:

- ◆ Who is not physically active needs about 2,000 calories
- ◆ Who is somewhat active needs about 2,200-2,400 calories
- ◆ Who has an active lifestyle needs about 2,400-2,800 calories

Here's a tip: Aim for at least 150 minutes (2½ hours) of physical activity each week. Ten-minute sessions several times a day on most days are fine.

CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES

This program is specifically for people with memory impairment and their care partners. **Wednesdays, March 8 and 22, 1:30 pm —3:30 pm.** CARES provides an opportunity for families affected by memory impairment to participate in two separate support groups —



held simultaneously — that provide information, guidance, and respite to Care Partners, and conversation and socialization for those with memory impairment. The sessions are available at the Senior Center on the 2nd and 4th Wednesday each month from 1:30 — 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.

PARKINSON SUPPORT GROUP - Thursday, March 9, 10:00 am. Join us for the monthly Parkinson support group at the Mashpee Senior Center. For information, please contact Jeanne Jackson at (508) 367-4267.

HEARING TESTS Wednesday, March 1, 11:00 am -1:00 pm by appointment. Please call the Mashpee Senior Center at (508) 539-1440 or stop by to schedule an appointment. Available the 1st Wednesday of each month.



FOOT CARE — Wednesday, March 15, 10:00 am — 3:30 pm by appointment. There is a fee. Call the Mashpee Senior Center at (508) 539-1440 to make an appointment. Available the 3rd Wednesday of each month.

LEGAL ASSISTANCE — We are fortunate to have attorneys that visit the Senior Center on a monthly basis. Their appointment schedules are always completely booked. **Please be aware that these appointments are**



for Mashpee seniors only, for consultations only, and not for dealing with on-going legal issues. We respectfully request that you limit your appointments during the year so that others may be accommodated. The Attorney and the fields that each would feel most qualified to assist seniors with **by appointment** are:

Atty. Thomas Kosman of SCCLS: Monday, March 27, at 10:00 am — The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project has attorneys who visit Cape and Islands senior centers weekly including Mashpee and provide legal services to elders who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling, and general health law concerns. (4th Monday of each month)

Atty. Michael Lavender: Tuesday, March 7 at 1:00 pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

Atty. Patricia Mello's office: Tuesday, March 14 at 9:00 am — Wills, health care choices, nursing home/Medicaid planning, estate planning, asset protection, guardianships. (2nd Tuesday of each month)

Please try to consider the urgent questions that you have and try to choose the appropriate attorney. **PLEASE NOTE: The lawyers do not handle questions regarding criminal matters.**



SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, March 24, 10:00 am. This support group meets at the Mashpee Senior Center on the 4th Friday of every month from 10:00 am — 12:00 noon This group is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information, call Sight Loss Services at (508) 394-3904 or visit their website: www.jwen.com/sls/.

TRAVEL CLUB HAPPENINGS — MARCH TRAVEL CLUB NEWS



"Luck of the Irish" Foxwoods 3/14, \$35; Boston Flower Show "Superheroes of the Garden"; 3/24, \$65; **42nd Street** 2:00 pm PPAC 3/25, \$85/\$105; **Chicago**, 7:00 pm PPAC 5/03, \$80 /\$112; **RIVERDANCE 20th Anniversary**, 7:30 pm PPAC, 6/02, \$75/\$110. Foxwoods "**Spring Fling**" 4/04, \$35; **EATALY Boston** "Everything Italian" 4/18, \$45; **Art In Bloom at MFA** 5/01, \$69; **Tall Ships Boston Harbor Cruise** (private charter) 6/20, \$79; **Red Sox vs Blue Jays**, 1:35 game, (unobstructed, PB 13, Rows A-C), 7/20, \$145. For a complete listing of all trips, stop by the Senior Center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288, Karynmw1@comcast.net. Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times

Darlene Perkins' Outreach Corner

MASHPEE COA OUTREACH PROGRAM MISSION STATEMENT — *To assist seniors in our community to find the resources they need to help them make the best choices to maintain the highest quality of life possible.*



Keeping in line with our Outreach Mission, please call Darlene Perkins, Outreach Coordinator, if you are struggling to make ends meet. Darlene is available to meet in her office, or she can set up a home visit if you are unable to come to the Senior Center. There may be options out there for you with transportation, food or just the knowledge of knowing what support is available in your community. Sometimes a "chat" can help, call Darlene Perkins, (508) 539-1440.

MASHPEE SENIORS' REMEMBRANCES — Each of us has a wealth of personal remembrances and wisdoms that we have acquired over our lifetimes. Wouldn't it be wonderful for your family and friends to be able to access those memories whenever they wanted to? If you are over 85 years of age, we can help make that happen! The Senior Center has a lovely volunteer who can help you to capture in writing those highlights of your life that you would like to share with family, friends, and/or the Senior Center's library. To learn more or schedule an interview,

FOND MEMORIES
LINGER EVERYDAY.
REMEMBRANCE
KEEPS YOU NEAR.

please call Darlene Perkins, Outreach Coordinator at (508) 539-1440.

ARE YOU HOMEBOUND? DO YOU LIKE TO READ? WOULD YOU LIKE TO SHARE YOUR LOVE FOR READING?



The Senior center has a special volunteer for you: "The Library Lady." Our Library Lady will meet with you to find out about your needs and interests, and she will help you to obtain a library card. Then she'll go to the library, select appropriate books, tapes, etc., for you, and when you are finished with them, she will return them to the library. Let the Library Lady help you to explore new places, new people and adventures through books! Call Darlene Perkins, Outreach Coordinator, (508) 539-1440 to set up this service.

WHAT IS THE LIFELINE PROGRAM? — Lifeline is a program of the state and federal government that provides a free phone/service and also internet service to low income seniors. There are restrictions and eligibility guidelines. To see if you qualify for this free program, please contact Outreach Coordinator Darlene Perkins at (508) 539-1440. Complete information about the Lifeline Program may be found at <http://www.mass.gov/ocabr/government/oca-agencies/dtc-lp/competition-division/telecommunications-division/consumer-info/link-up-and-lifeline-what-consumers-should-know.html>. Please note that this IS NOT a life alert system.

Deborah Converse's Volunteer Corner

Just a reminder: Timesheets!



Once a year, we ask for the hours you have volunteered. Time sheets are available at the front desk to help you keep track. An estimate is all we need. The hours show how vital it is to have your help! For any question regarding your timesheet, please contact Deborah at (508) 539-1440, ext. 3508.

New Volunteers

Many thanks to our new volunteers, **Pat Allen, Sally Pisciotta, and Angela Salini**, for helping support the Mashpee Senior Center! Volunteers make the work at the Senior Center do-able. Besides adding to the pleasant atmosphere here, volunteers provide activities and services at the Mashpee Senior Center that otherwise could not be furnished.

Volunteer Activities

Drivers – Getting to the doctors' offices can be daunting for many local seniors. Poor vision or medical conditions may prevent them from driving, or loved ones may have other jobs that make them unavailable to help. Volunteers are an integral part of providing medical rides to doctors' appointments. Can you help? Most rides are in the area of Mashpee, Sandwich, Falmouth and Hyannis. The typical trip is 3 hours, Monday through Friday. We ask that drivers agree to accept a minimum of two trips a month.

Thrift Store assistance –Friends of the Mashpee Council on Aging need volunteers to fill in a variety of days at the Thrift Shop. The volunteers provide retail and organizing assistance at the store. The shifts are generally 4 hours.

Call Deborah Converse at (508) 539-1440, ext. 3508.

Our Mashpee Senior Center library has become more active! You have shown us that you seem to really enjoy books such as novels and mysteries. Helping us out, Gail Goraj, our new volunteer library helper, has created new displays that highlight interesting books and has rearranged the books to call attention to them.

The library at the Mashpee Senior Center offers seniors a tranquil and cozy setting to read a book, magazine, or just take a restful moment from a hectic day. There is no check out, and seniors may take any books or magazines that interest them. The Senior Center library relies on donations of books, and it is hoped that those utilizing the library will bring back books they have completed or bring in additional books from their own libraries. If you would like to donate a couple of novels or mystery books that are in good shape, we would welcome a few donations.

Other Volunteer Opportunities

Mashpee Conservation Land Stewards Program--The Town of Mashpee has over 2,000 acres of conservation land, open space and federal partnership parcels. The primary responsibility of the land steward is caretaking. The purpose of the caretakers is to have a presence on open space parcels to curb illegal dumping and other encroachments on the town's open space lands. As spring approaches you may be interested in an active role in the town and be able to enjoy being outside. Please contact the Mashpee Conservation Department and see their website <http://www.mashpeema.gov/mashpee-land-stewards-program>



- ◆ It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade...*Charles Dickens*
- ◆ Indoors or out, no one relaxes In March, that month of wind and taxes, The wind will presently disappear, The taxes last us all the year...*Ogden Nash*



DOOR TO DOOR SERVICE! Are you getting tired of driving? Reluctant to drive in bad weather? Or just trying to save on gas? Don't be shy, give us a try; you're sure to love our van service! Are you looking for a ride to a doctor's appointment, hair salon appointment, rehab appointment or for some other appointment in the towns we serve? How about shopping trips? We will pick you up at your home, drop you off at your appointment, and then bring you back home when you are finished! Here is our schedule; come join us. The van will take you wherever you wish to go in each town it serves. To schedule rides, please call our receptionist at (508) 539-1440 at least 24 hours ahead of time. **Our van cannot guarantee time of pick up or drop off.**

- ◆ **Mashpee and Sandwich — Weekly — Mondays.**
Please make appointments between 10:00 am and 1:30 pm.
- ◆ **Mashpee only — Weekly — Wednesdays, Thursdays (except 2nd and 3rd Thursdays), Fridays (except last Friday).**
Please note that Wednesdays are food pantry days.
Please make Mashpee appointments between 10:00 am and 1:30 pm.
- ◆ **Falmouth — Weekly — Tuesdays.**
Please make Falmouth appointments between 10:30 am and noon.
- ◆ **Hyannis — Once a month — 3rd Thursday of each month.**
Please make Hyannis appointments between 10:30 am and noon.
- ◆ **Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday of each month.**
Please make appointments between 10:30 am and noon.

SPECIAL MONTHLY OUTING — On the last Friday of each month, you can ride the van to our "Day Trip Town of the Month." When you reserve your spot on the van, let us know where you would like to go in that town. Perhaps you want to shop at a special store that you normally don't have the chance to visit, or see a physician. Maybe you have a friend who is recuperating in a rehabilitation or assisted-living facility in the town who you would like to visit. When you call in to reserve your seat, also be ready to let the receptionist know where you want to go! Join us on March 31 to go to Plymouth. Please plan to meet at the Mashpee Senior Center for a 9:00 am departure.

Please note: The van is handicapped-accessible with a wheelchair lift. If not in a wheelchair, riders must have independent mobility as safety is very important to us. We ask that if you need assistance, aides and companions are welcome to ride our van with you. Please include this information in your van reservation. If you need special assistance, please contact Darlene Perkins, Outreach Coordinator, at (508) 539-1440. Van rides are free of charge. Donations are gratefully accepted. If we are not able to meet your transportation need, please call the Cape's public transportation service, the Cape Cod Regional Transit Authority (CCRTA) at (800) 352-7155 for a ride.

CAPE COD REGIONAL TRANSIT AUTHORITY (CCRTA) INFORMATION

BOSTON HOSPITAL TRANSPORTATION — Enjoy comfortable, wheelchair-accessible transportation from Cape Cod directly to 15 Boston-area hospitals Monday-Friday by reservation. The bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. **RESERVATIONS ARE A MUST!** Call (800) 352-7155 Monday — Friday, 8:00 am — 5:00 pm. **Fare:** \$30 roundtrip, \$15 one way.

DIAL-A-RIDE TRANSPORTATION—DART (formerly B-bus) — CCRTA provides a daily door-to-door, ride-by-appointment transportation service available for any purpose. Service is available to 15 Cape towns: **Monday — Friday:** 7:00 am — 7:00 pm; **Saturdays:** 9:00 am — 7:00 pm; **Sundays:** 9:00 am — 1:00 pm in most towns.

Dial-A-Ride Passenger Procedures and Requirements:

- **Reservations** can be made Monday — Friday between 8:00am — 5:00 pm by calling (800) 352-7155.
 - ◆ Reservations must be made by 5:00 pm two days (or 48 hours) before you intend to travel.
 - ◆ Same day reservations and changes are not permitted.
 - ◆ Reservations can be made up to one month in advance.
- **Exact fare is required.** Drivers cannot make change.
 - ◆ Adults and youths: \$3.00 per ride.
 - ◆ Seniors and people with disabilities: \$1.50 per ride.
 - ◆ Children five and younger accompanied by an adult ride free of charge.



DID YOU KNOW...that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center every Monday - Friday at 11:30am? This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested donation is \$3.00. Come for an activity in the morning and stay for lunch! Make a day of activity at the Senior Center! You need to call (508) 477-0910 2 business days in advance to reserve a meal. If you have questions, call Annette at the luncheon program at (508) 477-0910. **If you want to see the current menu,** please visit the Elder Services web site at <http://www.escci.org/>. Then click on "Our Programs and Services," then click on "Senior Nutrition Program." Once there, you can then select "Barnstable County Meal Sites Menu." *Please note that the suggested donation has been increased to \$3.00.*

INCLEMENT WEATHER POLICY — When the Mashpee schools are closed, the Council on Aging activities and programs (including the van) are cancelled. However, the Senior Center building will remain open, and Council on Aging staff will report unless the Town Hall is closed. Please listen to the local radio stations for updated information.

SNOW SEASON - The winter snow season is upon us. Let's hope this winter won't be as difficult as some. However, just in case, we are strongly encouraging all seniors to be as proactive as possible. We urge you to line up a snow plowing service you can depend on in a snow emergency. Also, please verify that this service can shovel your walkway. We want you to be able to safely leave your home. Also, it is important that such services as the Visiting Nurse and Meals on Wheels be able to access your home. We know of no service that does plowing or shoveling free of charge. For help making a plan, please call our Outreach Coordinator, Darlene Perkins.



MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH**SCAM
ALERT**

◆ **NEW PHONE SCAM:** If you pick up your phone and someone says, "Can you hear me?", immediately **HANG UP THE PHONE AND DO NOT RESPOND.** If you say "yes", it gets recorded and then they say that "you have agreed tosomething." Officials warn that even if the person didn't provide payment method, they can still become a victim.



- ◆ Scammers are also targeting people by offering to be put on the "Do Not Call Registry" by simply pressing a button. A verbal response or pressing a button can help scammers. Registering a number at DoNotCall.gov will stop unwanted soliciting, but not scammers.
- ◆ **IT'S TAX SEASON AGAIN,** don't fall victim to calls from scam artists claiming to be the IRS. Mashpee Police Department is again receiving an increase in reports of agents claiming to be from the "IRS" contacting residents.

Remember never give out your personal information over the telephone and contact the police if you have any questions regarding the legitimacy of a call. Any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253.

THE CAPER'S DOINGS!

On March 14, the Capers will be celebrating St. Patrick's Day by going to lunch at Lake Pearl Restaurant. Further information is posted on the Mashpee Senior Center's entrance bulletin board or by calling Gloria Cronin at (508) 539-1033.



The Mashpee Senior Center respects all aspects of people including race, ethnicity, gender expression, sexual orientation, socio- economic background, age, religion, body shape, size and ability.

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To get an on-line copy of this newsletter, visit <http://www.mashpeema.gov/council-aging> and click the appropriate newsletter link on the right side of the page.



If you wish to honor a loved one, the Mashpee Senior Center offers commemorative gold and silver leaves, prominently displayed in the entry foyer, beautifully engraved to memorialize family and/or friends. We also etch permanent patio bricks, preserving names and sentiments, on the patio area outside. For more information, please call the Director, Lynne Waterman at (508) 539-1440.

<p>Lynne Waterman, Director lwaterman@mashpeema.gov</p> <p>Darlene Perkins, Outreach Coordinator dperkins@mashpeema.gov</p> <p>Linda Wicks, Principal Clerk lwicks@mashpeema.gov</p>	<p>Deborah Converse, Volunteer Coordinator dconverse@mashpeema.gov</p> <p>Linda Rosa, Activity Coordinator lrosa@mashpeema.gov</p> <p>Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov</p>	<p>Peggy Rose, Receptionist prose@mashpeema.gov</p> <p>Robert Morton, Van Driver rmorton@mashpeema.gov</p>
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MASHPEE COUNCIL ON AGING MISSION STATEMENT:

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human service, educational, social and recreational services and programs at the Mashpee Senior Center, as well as to identify and create opportunities and solutions for the empowerment and betterment of the Town’s seniors and their care partners. This is accomplished with the support of a volunteer advisory board, also known as the Council on Aging.

Our Core Values

RESPECTFUL



WELCOMING



SUPPORTIVE

The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.
Lynne Waterman, Director
Darlene Perkins, Outreach Coordinator
Ernest Cornelissen, Chairperson, Council on Aging

MASHPEE COUNCIL ON AGING
26 FRANK E. HICKS DRIVE
Mashpee, MA 02649

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The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, The Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed & sponsored by the Council on Aging.

DISCLAIMER